

List of ingredients	Ingredients: wholegrain spelt wheat flour* (31g**), wholegrain wheat flour* (29g**), sesame seeds * (11g**), pumpkin seeds* (9g**), linseeds* (8g**), wholegrain oat flour* (6g**), oat flakes* (6g**), extra virgin olive oil*, spelt wheat flour* (3g**), sunflower seeds* (3g**), sea salt, yeast, barley malt extract*.
	May contain traces of milk products.
	For allergens, including cereals containing gluten, see ingredients in bold.
	*= organic ingredients
	**= for the production of 100g product

Average nutritional values according to Regulation (EU) No 1169/2011	Average nutritional values	per 100g	per portion	This pack contains 8 servings.
			25g	
	Energy	1904 kJ	487 kJ	
	Energy	455 kcal	116 kcal	
	Fat	19 g	4,8 g	
	of which			
	saturates	3,0 g	0,8 g	
	Carbohydrate	50 g	13 g	
	of which sugars	1,9 g	<0,5 g	
	Fibre	9,9 g	2,5 g	
	Protein	16 g	4,0 g	
	Salt	1,8 g	0,45 g	

Allergens according to Regulation (EU) No 1169/2011	Allergens	included	not included	may contain traces of
	Cereals containing gluten	x		
	Crustaceans and crustacean products		x	
	Eggs and egg products		x	
	Fish and fish products		x	
	Peanuts and peanut products		x	
	Soybeans and soybean products		x	
	Milk and milk products (including lactose)			x
	Nuts		x	
	Celery and celery products		x	
	Mustard and mustard products		x	
	Sesame and sesame products	x		
	Sulphur dioxide and sulphites		x	
	Lupin and lupin products		x	
	Molluscs and mollusc products		x	